



## FREQUENTLY ASKED QUESTIONS

### **Q: What is the Resilinator?**

**A:** It's a 2.5 mile trail race for buddy pairs with 18 obstacles/challenges along the way. The objective is for each participant to have a fun adventure while problem-solving and discovering grit and resilience.

### **Q: What makes up a buddy pair?**

**A:** Pairs can be either two kids ages 7-17, or one kid (7-17) and one adult (18-99) who can be a parent, grandparent, friend or mentor. Buddies should be family members, or two people who have been practicing COVID-19 guidelines together.

### **Q: How will it be safe in COVID-19 environment?**

**A:** The format has changed in several key ways:

- Two days instead of one
- Start times are set up similar to tee-times at golf.. every 10 minutes; limited to 10 pairs per start time
- Outdoor check-in
- Limited-touch obstacles
- Disposable tethers for buddy pairs

In short, we are creating a safe way for families to experience adventure together. In July, we hosted 970 people for our ForEverest experience, and we never had a crowd or safety concern.

### **Q: Can 3 people race together?**

**A:** As buddies are tethered together (with a disposable, one-use tether) and the obstacles are designed for two, we suggest you find a 4th racer to form 2 buddy pairs. If that's not possible, you can race as a trio.

### **Q: What is the tether?**

**A:** It's a 2 foot long 'cord' with knots on the ends that each buddy pair holds throughout the race, even while conquering the obstacles.

### **Q: What kind of obstacles will we face?**

**A:** Never scary, the obstacles are designed to be fun while challenging your teamwork. Featured are balance and strength tests, bear crawls, climb-overs, games, puzzles, riddles, and more. Each obstacle is modified for this year to make sure COVID-19 safety guidelines are practiced.

### **Q: Is the race timed?**

**A:** No. All four CycleHealth events are non-timed. Our purpose is to create a love for life-long outdoor adventure and challenging oneself in fun ways. Our races are tough but so much fun that everyone finishes.

### **Q: What do we get for our entry fee?**

**A:** You mean, besides a resilience-building, memorable adventure experience on a course built for you?? You also get a custom finisher's medal and cool swag item (it's a surprise each year). Our race entry fees are set below industry standards to help make sure all families have a chance to participate.

### **Q: What should we wear during the race?**

**A:** Most racers tend to overdress. Unless it's unseasonably cold, a light pair of pants and 1-2 layers on top with running shoes is great.

### **Q: What about inclement weather?**

**A:** Except for lightning or other extraordinary conditions, we'll race; it's all about Resilience!

### **Q: Will you send out race week updates?**

**A:** Yes. Watch and accept email from the YMCA and follow us on Facebook for current updates.

### **Q: What is CycleHealth?**

**A:** As the Adventure Racing arm of the YMCA of the Greater Twin Cities, we are dedicated to helping kids create a new cycle of health.

**To Register or Volunteer, Click [HERE](#).**



**KEY**

- W - Welcome Center  
(Participant Check-in)
- S - Start
- F - Finish Line
- O - Obstacles
- C&L - Chutes & Ladders  
Play Area


  
 Presented by:
   

  
 Host partner:
   
